

# Inhalant Abuse Prevention Kit

*Inhalant abuse is a silent, often undetected, problem that can only be stopped when parents, youth serving professionals, and the general public get involved before our children do. This kit contains strategies and information you can use to reduce inhalant abuse in your community.*

## Increasing Visibility is the Key

**Here are 5 activities you can do in your community to promote public awareness and prevent inhalant abuse:**

### **1 Review these materials.**

They contain recent Maine data on inhalants and other drugs of abuse as well as strategies for inhalant abuse prevention. Know the facts and share the data about inhalant abuse.

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### **2 Get the word out to other adults!**

Inhalant prevention materials can be distributed to parents, educators, youth serving professionals, and others concerned about inhalant abuse prevention. All handouts can be easily copied. However, any literature labeled “Adults Only” should not be given to youth as this has encouraged experimentation with inhalants. Contact your local newspapers, cable TV, and radio stations and request that they too carry the message.

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### **3 Educate Youth.**

Distribute copies of *Inhalants Poison Your Body*. **“Inhalants are poison to your body!” should be the main prevention message.** Avoid equating inhalants with drugs unless teens are already making that association. Avoid sharing with youth what products may be misused, how they are abused, or that they can get you “high.” Also, teach about the safe use of products.

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### **4 Decide on Safer Products for your home, your school, and your community.**

Purchasing safer products and reducing access to solvents, gasses and aerosol cans will reduce the likelihood of youth gaining access to these products. Please contact the Office of Substance Abuse (information below) for a list of safer alternatives.

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### **5 Request an Inhalant Abuse Prevention Workshop.**

Maine’s Inhalant Abuse Prevention Work Group has several trained inhalant abuse prevention advocates who are available to come into your community and share information about the nature and dangers of inhalants. To request a workshop in your school or community, please contact AdCare Educational Institute of Maine.

AdCare Educational Institute of Maine  
75 Stone Street, Augusta, ME 04330  
ph) 207.626.3615    fx) 207.621.2550  
[adcare@neias.org](mailto:adcare@neias.org)

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### **Maine Inhalant Abuse Prevention Work Group**

A Project of the New England Institute of Addiction Studies / Funded by the Maine Office of Substance Abuse

For more information about inhalants please contact

Maine Office of Substance Abuse Information and Resource Center

Phone: 1-800-499-0027 TTY – 1-800-606-0215

Email: [osa.ircosa@maine.gov](mailto:osa.ircosa@maine.gov) Web Address: <http://maineosa.org/irc>

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